



Frequently Asked Questions (Revised 9/11/09)

2009 Health Risk Assessment (HRA)

- 1) Who is eligible to take the Health Risk Assessment (HRA)?
This program is being offered to all full-time state, school district, charter school, higher education employees and non-Medicare eligible retirees, as well as spouses and dependents over 18 who are covered under the State Group Health Insurance Program as of July 1, 2009.
- 2) How do I complete the online Health Risk Assessment (HRA)?
To complete the online Health Risk Assessment go to <https://delaware.online.staywell.com>. Simply follow the on-screen instructions.
- 3) I do not have access to a computer. Can I still take the HRA?
Participants can call the StayWell HelpLine at 1-800-926-5455 to request a paper HRA to be sent to them.
- 4) Is there an incentive for completing the 2009 Health Risk Assessment (HRA)?
Yes, participants who take the HRA from September 15 through December 31, 2009 will be automatically entered into a random drawing for a chance to win a DelaWELL prize basket of donated items.
- 5) I am having trouble remembering my password and logging into the StayWell website. Who should I contact for help?
Please contact the StayWell Helpline at 1-800-926-5455.

Incentive Questions

- 1) What is the incentive for completing the 2009 Health Risk Assessment (HRA)?
Participants who take the HRA from September 15 through December 31, 2009 will be automatically entered into a random drawing for a chance to win a DelaWELL prize basket of donated items.
- 1) Who is eligible to participate in the HRA and the random drawings?
This program is being offered to all full-time state, school district, charter school, higher education employees and non-Medicare eligible retirees, as well as spouses and dependents over 18 who are covered under the State Group Health Insurance Program as of July 1, 2009.
- 2) How will the winners of the random drawing be selected?
Two names will be randomly selected at the end of October, November and December 2009. A total of six names will be drawn.

- 3) How will I know if I am a winner of a random drawing and how will the prize baskets be delivered?
Winners will be contacted by phone or e-mail. The DelaWELL prize baskets will be delivered to the winners by a member of the Statewide Wellness Team.
- 4) What types of donated items are in the DelaWELL prize baskets?
Each prize basket will consist of a FREE three month YMCA Family Membership (generously donated by the YMCA of Delaware) as well as other health-related donations such as exercise DVD's, t-shirts, fitness gear, pedometers and more.

Biometric Screenings

- 1) Is DelaWELL offering Biometric Health Screenings this year?
DelaWELL is not offering onsite Biometric Health Screenings this year; however, participants are encouraged to "Get Heart Smart" and visit their doctors to find out about their healthy heart numbers (ex. blood pressure, cholesterol, glucose, height and weight). Please be sure to check with your health plan regarding coverage for the doctor visit and testing as specific guidelines and limitations apply.
- 2) Why should I know my numbers?
Participants are encouraged to know their numbers ahead of time, so they can enter them in their HRA . You can learn a lot about your heart with a few simple numbers (blood pressure, total cholesterol/HDL and glucose). When you know what numbers indicate a strong, healthy heart, you can set goals that reduce your risk for heart disease and stroke.
- 3) How can I learn more about the "Get Heart Smart" campaign?
To learn more about the "Get Heart Smart" campaign, visit www.delawell.delaware.gov and click on the **Get Heart Smart** link. Participants will gain access to the promotional flyer and a printable screening log to help keep track of their heart healthy numbers.

Weight Watchers

- 1) Does the DelaWELL program offer discounted pricing for Weight Watchers® offerings?
Yes, to show its commitment to helping you achieve your weight-loss goals and improve your overall health, DelaWELL is offering discounted pricing for Weight Watchers meetings, Weight Watchers Online subscription and the At Home kit.
- 2) How can I learn more about the discounted pricing for the Weight Watchers® offerings?
Interested participants can visit the DelaWELL website at www.delawell.delaware.gov to learn more about the various Weight Watchers® programs and pricing options.